FAMILY LIFE

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That Mythical "Male Climacteric"

Some physicians (though probably no biologists) during recent years have talked about a "male climacteric"—a few have even used the ridiculous term, "male menopause." They have created confusion in the minds of many persons, and have led to the supposition that men must expect to go through a "change of life" comparable to that of women. A brief consideration of the physiological differences in the aging process in the two sexes will show how unreasonable this:

1. A woman's germ-cells tend to disappear at the menopause (ordinarily, but not always, before menstruation stops); and no hormone-producing cells remain. A man's germ-cells continue to be produced through life, and interstitial cells of the testis are active, with some diminution, through life.

2. All women who reach a given age undergo complete loss of the reproductive function, while men do not normally show loss of the reproductive function.

3. A woman may pass through a dramatic climax, with profound endocrine readjustment, within the space of a year or two. Involution is slower in man, usually does not show any evidence of sudden endocrine readjustment, and may be considered as normally extending over decades without producing symptoms of clinical importance.

When there are unusual clinical symptoms in men, they are to be regarded as due to other causes than a "climacteric." Psychiatrists Otto Billig and Robert Adams have provided a welcome discussion of the subject in a new symposium, *The Neuroses and their Treatment*. They remark that the symptomatology is adequately described by Werner in an article reporting 273 cases. All complained of "nervousness." The more common complaints were depression, irritability, decreased memory and concentration, crying, sleep disturbances, worry, loss of interest and self-confidence, headache. Circulatory complaints included sweating, vertigo, numbness and tingling, tachycardia, and palpitation. "Hot flashes" were a complaint in Werner's patients, although other authors did not find this. Other general symptoms included fatigability and potency disturbances. Werner attributed the syndrome of the "male climacteric" to

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a decreased gonadal function resulting in a disturbance of the pituitary-gonad equilibrium.

"Since all of the symptoms described are seen in neuroses," Drs. Billig and Adams remind the reader, "they are not specific for decreased testicular function." It might be added that most of the male sex hormone is not produced in the testicles anyway, but in the adrenal cortex.

Drs. Billig and Adams continue: "The term, male climacteric, implies a physiological, inevitable major change in the life of every man, comparable to that occurring in women. There is no evidence at this time to support such a concept."

There are 36 other papers brought together in this volume. They cover a wide range of topics, and will be of interest and value to the specialist. The book is not directed toward the ordinary reading public.

(THE NEUROSES AND THEIR TREATMENT, ed. by Edward Podolsky. Pp. 555, no index, price $10 from Philosophical Library, 15 E. 40th st., New York, N.Y., 1957.

Notes From the AIFR

AT THE UNIVERSITY OF CINCINNATI a two week Social Hygiene Institute is offered as part of the summer session this year. Roy E. Dickerson will lead the first week, beginning July 7, dealing with "the psychological, sociological, biological, ethical, and other elements involved in family life at its best." The second week, beginning July 14, will be in charge of Paul Popenoe and will concentrate on premarital and marital counseling. Details may be had from the Director of the Summer Session, University of Cincinnati, Ohio.

ARE YOU EXPECTING A BABY? is the title of a new folder describing the Institute's classes and lectures to prepare women for a healthier, happier experience in childbirth through prenatal education. Copies may be had by writing to Dr. Mary Jane Hungerford, assistant director of the Institute's department of education, who is in charge of this work.

DR. POPENOE will be one of the featured speakers at a medical symposium in Salt Lake City April 24-25, jointly sponsored by the Utah chapter of the American Academy of General Practice and the Lederle Laboratories.

BEFORE YOU MARRY, a 4-page folder including a self-scoring test to measure readiness for marriage, is available in quantity for free distribution by clergymen, teachers, executives of youth organizations, and others interested. Write to Dr. Richard H. Klemer, director of the Institute's department of education, for it.

KENYA has started an ambitious attempt to improve the competence of mothers and homemakers. The "Maendolo Movement" (advancement of women) organizes clubs which now have more than 30,000 members, in which wives and other women of marriageable age are given training in household management and child care. UNICEF has allotted $140,000 to promote this work.

HELPING THE ALCOHOLIC

Who, or what, is an alcoholic? Anyone whose drinking interferes frequently or continuously with any of his important life adjustments and interpersonal relationships. This is the simple definition used by Howard J. Clinebell, Jr., in a new and helpful discussion of the subject. Alcoholism and drunkenness are not synonymous, he insists. In the early frontier days "the boys" would get together Saturday night and get roaring drunk. "This was the accepted social pattern among some frontier groups, and although there was a great deal of this kind of drunkenness, there was probably less alcoholism than there is today." At the present time, about 4,500,000 of the population of the U.S. could be considered "alcoholic" by the above test. It is a disease more than five times more prevalent than cancer, three times more prevalent than tuberculosis, and one hundred times more prevalent than polio; and the American rate is far higher than that of any other country.

Alcoholism therefore should have far more attention than it is getting, and Dr. Clinebell's book, *Understanding and counseling the alcoholic,* is most welcome. A reader who ought to know, Selden D. Bacon, director of the Yale university center of alcoholic studies, says, "It is without question the best book on this phase of alcoholism yet to appear and it is one of the best books on alcoholism in general which has been published in a decade."

First necessity, in counseling the alcoholic, is to understand the causes of alcoholism, and this is not easy: physiological, psychological, cultural, philosophic, and religious factors are all involved, and the combination is different in each case.

Why is that most drinkers do not become alcoholics? There must be some "soil of addiction," and this is often formed by the *motive* for drinking. "Fundamentally, the alcoholic is not sick because he drinks . . . he drinks because he is sick and then becomes doubly sick," said Carrol A. Wise, and the author accepts this in principle, holding that the main factor in the creation of a "soil of addiction" is a personality deficiency, a feeling of dissatisfaction with himself from which the drinker tries to escape by the use of alcohol.

But of all the maladjusted persons who drink, only certain ones develop alcoholism. Here the "social factor" appears prominently: if you live in a cultural group where alcohol is available and attractive, you are likely to drink to "forget your troubles." If you live in some other kind of group, you'll do something else.

Once you become addicted, there must be factors that perpetuate the addiction,—that prevent you from stopping as common sense would tell you to do so. Probably the chemical changes in the body , brought about by drinking, play a part here; but in addition the individual has become so used to "drowning his sorrows" that he can't think of any other way to do so.

Thus the individual has become an alcoholic because he did not find a better way of meeting his personality needs. But there is a better way, Dr. Clinebell holds, and that is religion.

The alcoholic often recognizes this and seeks a religious solution. Scores of them have been offered to him by "rescue missions," evangelists, clergymen, and others. Most of them failed because they gave him inadequate or incomplete religion. They approached him on the basis of what is usually called "morality." "From a practical standpoint, to moralize with an alcoholic is the ultimate in counseling futility," the author asserts. The form of religion which will provide the results needed in this particular case is that provided by AA. "If I were asked to give my strongest impression resulting from the study which underlies this book, it would be this: *In all the dark history of the handling of alcoholics, the brightest ray of hope is Alcoholics Anonymous*"—such is Dr. Clinebell's strong statement. Half of the entire book is given over to developing this point, in a way that is important for clergymen and layman alike.

The great practical difficulty is to get the alcoholic to be willing to accept help and Dr. Clinebell goes fully into ways in which this can be done. The goal is to get the client into the right hands, which may include those of a psychotherapist, a physician, and various others, but AA must be among those various others. The counselor should be familiar with the resources of the community.

An important phase of counseling the alcoholic is counseling the alcoholic's family. His wife can often ensure, or destroy, the possibility of success. "If she can come to accept the fact that he has a sickness that drives him to behave as he does, it will give her a new perspective on her own situation and help to save her own ego. It will let her realize that the personality change which has so baffled her and made her wail to herself in bewilderment, 'He's not the same man I married,' is a symptom of his sickness. It will help if she understands that underneath his outward defiant indifference to his family, he is a pool of guilt for what he is doing to them—that he feels trapped by his compulpulsion—that his irresponsible, egocentric behavior is not a simple matter of voluntary disregard of all human values. A word of caution is in order here. The counselor should be careful not to present the sickness conception in such a way as to shut off the spouse's ventilation of the hostility she feels toward her husband. The release of this pent-up feeling is a valuable part of the counseling relationship. Getting rid of this anger will help her accept the sick ness conception in the long run."

The general principle which should guide the family of the alcoholic is this—*Avoid both punishment and pampering.* They must encourage any tendency in him, however weak, to make the alcoholic face the reality of adult life and of his drinking.

Concluding with the church's part (Dr. Clinebell is minister of the Great Neck, N.Y., Methodist Church and lecturer minister in religious education at New York University), the author insists that its most important task is prevention. "In this area it has a tremendous mother-lode of practically untouched opportunity."

1. The church can cut the roots of alcoholism by giving a great deal of attention to strengthening family life,—where alcoholism finds its origin. This involves teaching parents how to deal with their children, and with each other.

2. The church can take a broader,

more widely accepted, more realistic attitude toward the use of alcoholic beverages, especially endeavoring to deglamourize their use.

3. The church can encourage wider use of facilities for early detection and treatment of the disease, and help to bring more such facilities into existence.

Finally, the author reminds his readers that "alcoholism is not an isolated problem, but a part of the total sin and sickness of our society, a sin and sickness in which all of us are participants; An honest recognition of our complicity in the kind of a world which produces alcoholics, is the point at which we must begin."

(UNDERSTANDING AND COUNSELING THE ALCOHOLIC, by Howard J. Clinebell, Jr. Pp. 252, price $3.75 from Abingdon Press, 150 Fifth ave., New York 11, N.Y., 1957.)

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Inexpensive Pamphlets

YOUR FAMILY'S HEALTH, by Stella B. Applebaum, pp. 28, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y.

WHY DID THIS HAVE TO HAPPEN?, by Earl Miers, price 25c from Nat'l Society for Crippled Children and Adults, 11 South LaSalle st., Chicago 3, Ill.

THE CHRISTIAN HOME, by Celestine Strum. Pp. 144, price 85c from Franciscan Herald Press, 1434 W. 51st st., Chicago 9, Ill. Two other new pamphlets from the same source are LISTEN, SON, pp. 72, price 50c, and MOTHER'S LITTLE HELPER, pp. 77, price 50c.

SOCIAL SERVICES FOR UNMARRIED PARENTS, pp. 29, price 50c from Canadian Welfare Council, 55 Parkdale ave., Ottawa, Ont., Canada. Other recent pamphlets fram this source are SUPERVISION, pp. 15, price 25c, and A POLICY STATEMENT ON ADOPTION ACROSS BORDERS, pp. 6, 10c.

THIS IS ABOUT YOU AND YOUR FUTURE, free on request to N.Y. State Funeral Directors Assn., 369 Lexington ave., New York 17, N.Y.—8-page appeal to high school students to make a career in funeral service.

CUES FOR TEENS, by Mildred Graves Ryan.

DATA ON DATING, by Curt E. Demele, and Manville R. Petteys.

GETTING ALONG WITH OTHERS,by Don C. Charles.

POLISHING YOUR PERSONALITY by Buford Steffrle.

Each 40c fram Oxford Book Co., 222 Fourth ave., New York 3, N.Y.

YOUR CHILD'S PLAY, by Grace Langdon, price 25c from Nat'l Society for Crippled Children and Adults, 11 S. LaSalle st., Chicago 3, Ill.

SHALL I BREAST FEED MY BABY?, by Niles Newton, 2-page folder free on request to Mildred Hatch, St. Johnsbury, Vermont. (Available in quantity for distribution to expectant mothers.)

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Research Notes

CAFFEINE was found to have a stimulant effect on the sexual behavior of male rats, in a study at Yale University confirming two previous French studies. (*Science,* Jan. 10, 1958.)

AMONG live-born babies of mothers in whom rubella (German measles) had been diagnosed during the first three months of pregnancy, 9% had congenital deformities, compared with 1.9% of other mothers. Routine therapeutic abortion because of rubella is not advocated by the authors (M.

Greenberg et al.); all known factors, such as age and fertility of the mother, should be taken into account. Physicians are urged to advise parents to expose young girls to rubella. This is a mild disease in children, rarely causes complications, and confers permanent immunity. (*J.A.M.A.*, Oct. 12, 1957.)

BUREAU OF THE CENSUS estimates that more than 3½ million persons now work at more than one job, and that some 100,000 have three jobs. This is largely due to increased cost of living.

CONTRADICTING the popular idea that one who threatens suicide is not going to commit suicide, psychiatrist Eli Robbins of Washington University (St. Louis, Mo.) studied 117 suicides, found that 67% had given warning, in some form, of their intention, and 41% had specifically stated that they were planning to kill themselves. He concluded that 98% of the total number were probably "clinically ill." He reported his study at a meeting of the N.Y. division of the American Psychiatric Association. The two largest groups among the suicides were the manic-depressives and the chronic alcoholics, together comprising 44% of the 117 persons studied.

THERE ARE in the U.S. at least 77,000 persons of mixed white, Negro, and Indian ancestry, according to Calvin L. Beale, who finds the fertility rates of these "triracial isolates" to be exceptionally high. They are mostly in the Eastern and Southern states. (*Eugenics Quarterly*, Dec. 1957.)

BLOOD GROUPS have long been suspected of being associated with certain diseases, and recent researches suggest that persons with blood group A are more likely than the rest of the population to suffer from stomach cancer, pernicious anemia, diabetes mellitus, cirrhosis of the liver, and infantile pneumonia. Most significant association, however, is that between blood groups ABO and duodenal ulcer. (R.B. McConnell of the Heredity Clinic, Liverpool, England, in *Eugenics Quarterly*, Dec., 1957.)

Around the World

JAPAN'S long-notorious red light districts have begun to close, anticipating the complete prohibition that will go into effect, by law, on April 1. The 275 women in Nagoya's "district" took part in a religious ceremony on December 27, following which they were given "retirement allowances" ranging from $2.78 to about $50, depending on length of service. Tokyo's *Yoshiwara* is gradually being converted into a supposedly legitimate amusement zone, the houses now becoming cafes and dance halls. Total number of women who will be "unemployed" as a result of the new law is estimated as high as 275,000.

IN CHINA TODAY "there are thousands of mobile birth control units wandering the countryside," a reporter for the Toronto *Globe and Mail* writes from that country, "and all larger cities and towns have permanent birth control centers where staffs of doctors and nurses daily conduct thousands of men and women, most of them young, through a frank demonstration of what is accomplished through the use of contraceptives."

NINTH WORLD ASSEMBLY of the International Conference on Social Service will be held in Tokyo, Nov. 30-Dec. 6, 1958.

NEW BOOKS IN BRIEF REVIEW

MARRIAGE ANALYSIS, by Harold T. Christensen. 2d ed. pp. 654, price $5.50 from the Ronald Press, 15 E. 2th st., New York 10, N.Y. 1958.

The first edition of this popular college textbook appeared in 1950. The new edition adds 125 pages, brings much of the statistical and other material up to date, and maintains the high objective standard of the earlier book, with abundant evidence, either to support the author's position or to give the student grounds for forming an intelligent judgment on his own account. While the book is intended primarily to help the individual student to create for himself a successful family life, it also considers the broader aspects of this problem, which is not a simple one. Unfortunately there is no easy panacea to improve marriage in the United States. Dr. Christensen (head of the sociology department at Purdue University) urges the need for action, and plenty of it, along six different lines: (1) research; (2) education, to disseminate the information that is known; (3) the clinical approach by multiplication of marriage counseling centers; (4) legislation to give better social control; (5) the religious approach which will supply some of the all-important motivation; and (6) the community approach which aims at activation or, in other words, moving from a state of passive understanding into one of active citizenship with family-mindedness as a directing force.

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YOU'RE BETTER THAN YOU THINK, by Dora Albert. Pp. 246, price $4.95 from Prentice-Hall, Englewood Cliffs, N.J., 1957.

Surveys show that one of the great handicaps of the average person is a feeling of his own inadequacy, a complaint that he does not know how to make friends, a fear that he can not accomplish what he wants to. Many books have been written to aid people to overcome this feeling of inferiority. Mrs. Albert's is one of the best—comprehensive, practical, and readable. She not only insists that you're better than you think, but she proves it. Evidently there was an unexpected truth in the old story of the young fellow, condemned for egotism, who protested, "You can't say I am conceited because actually, I'm a great deal smarter than I think I am!" Mrs. Albert (a professional writer who lives in Los Angeles) gives specific suggestions for developing one's endowment in health, intelligence, creative abilities, and lovableness. She insists on the importance of altruistic effort, on continual practice, and on an outgoing life. The book will be valuable to the married and the unmarried alike, but it is a real contribution to successful family life.

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PERSONALITY AND ORGANIZATION, by Chris Argyris. Pp. 291, price $4 from Harper & Bros. , 49 E. 33d st., New York 16, N.Y., 1957.

Literature and research on teamwork in business and industry have been carried farther than in family life, although the latter can not be said to be less important. Professor Argyris of the Labor and Management Center at Yale University summarizes much

of the work in his field and develops his own hypotheses in a book that is technical in character. Formal organization and authoritarian control tend to produce conflicts between the system and the individual, he contends, while informal organization promotes effective growth and efficiency of the individual. There are important lessons for family life in studies of this kind.

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PSYCHOPATHIC PERSONALITIES, by Harold Palmer. Pp. 179, price $4.75 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1957.

A study of the nature of the major mental disturbances, by a British psychiatrist who writes well. The treatment is along conventional lines and the outlook might be called conservative. Thus he considers that "if possible an epileptic should avoid marriage and if he must marry, should avoid begetting children." This is out of line with a widespread tendency in the United States to minimize the importance of epilepsy in this connection. Dr. Palmer justifies his view, admitting that the factor of inheritance is not very important, by arguing that an epileptic will probably "engender pathological anxiety in his spouse, and may warp the personalities of any children that he may procreate." This is a question of fact, which might well be tested by appropriate surveys. Dr. Palmer thinks "it is safe to assume that there is always a hereditarily installed genetic factor predisposing certain individuals to schizophrenia"; and that the manic-depressive psychoses have "been established on cogent evidence to rest on hereditary predisposition, from 60% to 80% being hereditarily predisposed (Kraepelin.)" Certainly more recent evidence should be cited than the opinion of the great German psychiatrist of two generations ago! Interesting though it is, the book can scarcely be considered up to date.

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MARRIAGE IS HOLY, ed. by H. Cafarel. Pp. 219 (no index), price $3.75 from Fides Publishers, 744 E. 79th st., Chicago 19, Ill., 1957.

Translated from the French, this book is stated to represent the contributions of a number of Roman Catholic laymen, not otherwise identified. It includes summaries and questions for discussion.

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MAN AND TIME, papers from the Eranos yearbooks, translated by Ralph Manheim and R. F. C. Hull. Pp. 414, price $5 from Pantheon Books, 333 Sixth ave., New York 14, N.Y., 1957.

This is Vol. XXX of the Bollingen Series, a subsidized publication of material growing out of Carl G. Jung's psychology. A dozen authors are represented, Dr. Jung's own contribution being *On Synchronicity*. One needs to be an initiate to get the most benefit from such discussions as are here presented.

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ENVY AND GRATITUDE, a study of unconscious sources, by Melanie Klein. Pp. 101, price $2.75 from Basic Books, 59 Fourth ave., New York 3, N.Y., 1957.

Mrs. Klein is one of the leading child analysts today, and she presents in this little book her views of the earliest emotional life of the infant and its implications for adult mental health and illness. She employs the word "envy" to mean the feelings of resentment and bitterness which an infant

experiences, particularly in connection with breast feeding, while "gratitude" refers to the baby's sense of its relationship with the breast, and to the baby's sense of its mother's delight in his pleasure and growth. From these beginnings she traces the development of such later traits as generosity, outgoingness, altruism, the capacity for love, creativeness, and the ability to distinguish between good and evil. Most readers will consider this highly speculative, and much of it contradicted by anthropological and other evidence.

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PSYCHOLOGY, RELIGION, AND HUMAN NEED, by W. L. Carrington. Pp. 315, price $3.75 from Channel Press, Great Neck, N.Y., 1957.

Described as a guide for ministers, physicians, teachers, and social workers, this book by an Australian psychiatrist who is active in the Anglican church and is also a leader in marriage counseling "down under", will probably appeal most to the clergyman. Dr. Carrington (who is just now at Drew University, Madison, N.J., as visiting professor of human relations) devotes only 10 pages specifically to marriage counseling, most of the book being taken up by a detailed description of pastoral psychology, and of education of parents. There are few books in its field which are so comprehensive and thorough.

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THE ILLUSTRATED BIRTH CONTROL MANUAL, by Valerie Hopkins Parker, M.D. Pp. 392, price $5 from the Cadillac Publishing Co., Inc., 220 Fifth ave., New York 1, N.Y., 1957.

This is an excellent book on family planning to which every counselor should have access. The many splendid physiologic diagrams cover far more than contraception. Such things as retroversion and retroflexion of the uterus, as well as general prolapse are made clear on page 30. Numerous diagrams of both male and female genitals from different angles clarify many questions clients may have. The text is simple, detailed, accurate and with a splendid psychological basis. Many clients, especially college graduates, can use the book themselves to advantage. The material on the sex act, both words and pictures, is exceptionally valuable and says what might take you three times as many words to convey. This is equally true of the exhaustive coverage of contraceptive methods. Many-sided illustrations of diaphragms, condoms, suppositories are indispensable equipment for the marriage counselor. The evaluations of the various methods including rhythm and basal temperatures are sound and satisfactory. There is bonus of case histories, lists of birth control and infertility services throughout the U.S.A., Puerto Rico, and Canada, and a glossary of terms. Every family and marriage counseling agency, as well as many individual counselors will want this on hand and I venture to predict its constant use.

—Mary Jane Hungerford, Ph.D.

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THE GOOD HOUSEKEEPING BOOK OF BABY AND CHILD CARE, by L. Emmett Holt, Jr. Pp. 288 (Index), price $4.95 from Appleton-Century-Crofts, 35 W. 32d st., New York 1, N.Y., 1957.

This is the second book on child care published this year which begins with conception. However, the portions on prenatal care and birth are too sketchy to be of much value. Those of you who

are my age or more may remember the elder Holt who was the Spock of his day as the author of the best seller on infant and child care. Unfortunately his son clings to some of his father's ideas which most pediatricians have discarded or altered somewhat. The best sections are those on illness and accident. There is a paucity of the "what to do now and how to do it" that would promote the security of new parents. Furthermore, Dr. Holt, Jr. is very conservative in relation to the psychological and emotional implications of both infant and parental behavior. Here are some revealing examples: P. 76: "As for the idea that the bottle fed baby will be emotionally deprived, that's nonsense." (The question might be asked *why* is it bottle fed.) P. 78: "A baby should not be allowed to go to sleep at the breast." (One might ask, "Why not?") There are glaring inadequacies. Nutrition for the nursing mother is dispensed with by a single sentence, "A special diet is not needed at this time." (Lactation). "The baby needs the exercise of crying during the first week." He recommends weaning from the bottle by 9-10 months with complete discontinuance at one year,—this, regardless of the infant's wishes and needs. Says Dr. Holt: "Children who continue on the bottle until they are two or three years old frequently refuse all solid food as long as the bottle is given." This is hard to figure since infants usually start solids by 12 weeks of age at the latest and by 8 months are on three full meals a day with bottles only as a between meals and going to bed snack.

A publisher's error is the large-sized page with extremely high gloss and fine print. Eye strain is of no benefit to the novice parent, and he can't read much of this book without eye strain.

—Mary Jane Hungerford, Ph.D.

Educational Notes

FAMILY ALLOWANCE LEAGUE (P.O. Box 395, Grand Central Station, New York 17, N.Y.) is going out of existence, in its fifth year. Death of the secretary-treasurer, William Edelstein, was a heavy blow to the organization, but lack of public support was the factor which decided editor J. J. Morris to give up. Two Oregon Democrats, Senator Richard L. Neuberger and Representative Charles O. Porter, are calling on Congress to investigate the Canadian family allowance system, with a view to considering what might be needed in the U.S.A.

AROUSED by the increase of juvenile delinquency, a world-famous philosopher has declared: "Our youth now love luxury. They have bad manners, contempt for authority, disrespect for older people. Children nowadays are tyrants. They no longer rise when their elders enter the room. They contradict their parents, chatter before company, gobble their food, and tyrannize their teachers." The speaker was Socrates, who lived in Athens in the fifth century before Christ.

MERRILL-PALMER SCHOOL offers fellowships varying in value from $1,000 to $2,500 or more a year, to graduate students interested in marriage counseling or clinical psychology. Details may be had from Dr. Aaron L. Rutledge, 71 Ferry ave., East., Detroit 2, Mich.

SURVEY OF SIX SWISS CANTONS led to the conclusion that juvenile delinquency has decreased in recent years. in proportion to the total population.

DON'T LET ANY YOUNG MAN

go into the Armed Services or industry, without preparation to meet new attitudes toward sex, lax standards of personal ethics, and possibilities of exploitation that he is certain to encounter. The Institute's pamphlet No. 23,

BUILDING SEX INTO YOUR LIFE

was prepared particularly to help these young men (and it is equally valuable for young women!) Chaplains ordered it by the thousand, during the last war. It is required reading in many high schools. Dr. S. R. Laycock, head of the department of psychology at the University of Saskatchewan and former president of the Canadian Federation of Home and School says:

> "I wish that a copy of Popenoe's **Building Sex Into Your Life** could be placed in the hands of **every** young man of sixteen years of age and over. It would save many from inadequate conceptions of love and marriage—conceptions which lead them to disaster. Those who object to the straight-forwardness of this pamphlet should consider the kind of sex information now received—information that is usually mis-information but at best shrouded in wrong attitudes towards love and marriage."

If you know a young man who is going into the service, give him a copy of this pamphlet. If you are associated with any boys' club, any class or society of young men, see that each one has a copy. It will help them to understand themselves and to understand others.

The price is only 25c per copy;
$2.50 per dozen, or $15 per 100.

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led by experts from the Institute's staff, are available to any community which is seeking to strengthen family life. Informal lectures and discussions on preparing for marriage, marital problems, parent-child relationships, preparing for retirement, social and business relationships, and other vital matters, provide an opportunity for many people to think and work together in an informal and stimulating atmosphere. These conferences, of one two, or three days, have been highly successful wherever they have been held.

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